

1. Access the HEADS UP Training course with the following link to see this page

<https://www.cdc.gov/headsup/youthsports/training/index.html>

2. Launch the HEADS UP course
3. Once you complete the course, print out your certificate, save a copy for yourself and then e-mail a copy to cgsaregistrar@gmail.com

HEADS UP to Youth Sports: Online Training



Coaches and Parents: Changing the Culture of Concussion Starts With You!

By taking this free, online course and using what you learn, you will be well positioned to improve the culture of concussion. Your actions can help create a safe environment for young athletes so that they can stay healthy, active, and thrive – both on and off the playing field.

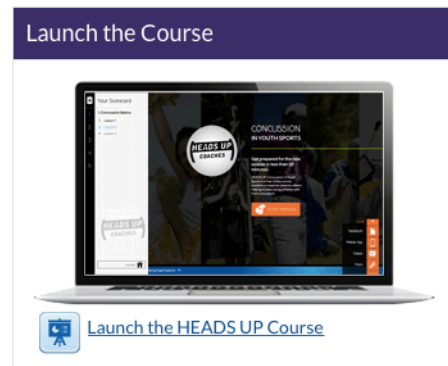
Once you complete the training and quiz, you can print out a certificate, making it easy to show your league or school you are ready for the season.

What Will I Learn in This Training?

This course will help you:

- Understand a concussion and the potential consequences of this injury,
- Recognize concussion signs and symptoms and how to respond,
- Learn about steps for returning to activity (play and school) after a concussion, and
- Focus on prevention and preparedness to help keep athletes safe season-to-season.

We can help athletes stay active and healthy by knowing the facts about concussion and when it is safe for athletes to return to play.



How Can I Print or Save My Certificate?

At the end of the training course, you will be able to print one or more copies of your certificate of completion and/or save an electronic version of it to your desktop. In order to print your certificate, please use the print button found within the training. You will not be able to print the certificate using your toolbar or keyboard. While this training does run on smartphones and tablets, a printer connection or a PDF writer is needed to print or save your certificate of completion.

Can I Get a Replacement Copy of My Certificate?

Yes. If you are unable to print or save your certificate at the end of the training, you may log back in at any time to save or reprint your certificate. To log back in, please enter the username and password you first used to register for the training.

Certificates are available only to those who have created an account and successfully finished the training.